According to 447498 D01 General RF Exposure Guidance v05 The 1-g and 10-g SAR test exclusion thresholds for 100 MHz to 6 GHz at test separation distances \leq 50 mm are determined by: [(max. power of channel, including tune-up tolerance, mW)/(min. test separation distance, mm)] $\cdot [\sqrt{f(GHz)}] \leq 3.0$ for 1-g SAR and \leq 7.5 for 10-g extremity SAR, where

f(GHz) is the RF channel transmit frequency in $\ensuremath{\mathsf{GHz}}$

Power and distance are rounded to the nearest $\mathtt{m} \mathtt{W}$ and $\mathtt{m} \mathtt{m}$ before calculation

The result is rounded to one decimal place for comparison

Ant gain OdBi; so Ant numeric gain=1.0

For Bluetooth 3.0
pt=7.954dBm =6.24mW at 2440MHz
So (6.24mW/5mm)x √2.440GHz = 1.949<3
For Bluetooth low energy
pt=7.791dBm =6.01mW at 2480MHz
So (6.01mW/5mm)x √2.480GHz = 1.893<3</pre>

Then SAR evaluation is not required